

# ***Dateline DHMH***

Maryland Department of Health and Mental Hygiene

## ***A Message from the Secretary***

As we approach the winter months, it is time to enjoy the holidays. Some of us will be traveling, while others will open their homes to family and friends. With these thoughts in mind, I urge you to make this a happy and healthy season.

I know things we ordinarily chalk up to common sense can get lost in the hustle and bustle of the holidays, so I want to remind you of several proactive steps you can take in the kitchen, around the house, and while driving a vehicle to keep this a safe time of year.

When preparing food, please remember to wash your hands, utensils and surfaces with hot, soapy water before and after food preparation. This is especially important after preparing meat, poultry, eggs or seafood.

Other food-handling tips are to keep raw meat, poultry, eggs and seafood and their juices away from ready-to-eat foods; use a food thermometer to ensure you cook food to the proper internal temperature; and refrigerate or freeze perishables, prepared food and leftovers within two hours.

Around the house, look for and eliminate potential dangers from holiday lights and decorations that can lead to fires and injuries.

If you bring a tree into your home, place it away from the fireplace and radiator and make sure it is out of the way of traffic and does not block a doorway. If it is a cut or live tree, check for freshness. Needles should be hard to pull from branches and should not break when bent between your fingers. If it is artificial, make sure it has a 'fire resistant' label.

If you use holiday lights on the tree or in other areas around the house, make sure they have been tested by a recognized testing laboratory. Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Use no more than three standard-size sets of lights per single extension cord. Finally, turn off all lights when you go to bed or leave the house. And please remember, never use lighted candles on a tree, near evergreens or near curtains and other easily flammable objects.

In homes with small children, take special care to avoid decorations that are sharp or breakable; keep trimmings with small removable parts out of the reach of children; and avoid decorations that resemble candy or food that may tempt a child to eat them.

Last, there are a few things to keep in mind when traveling.

Never mix alcohol or other mind-altering substances with driving.

This is a time of year when many parties are held, and too many tragedies happen during this normally happy time of year because people drive under the influence.

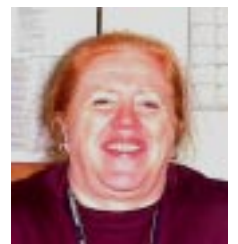
Identify a designated driver before you leave for a party. If for some reason the designated driver can not safely operate a vehicle, call a cab or have a friend who is sober drive you home.

And, make sure everyone in the car is safely buckled in, especially children. Remember, smaller children should be in the back seat properly restrained in age-appropriate safety seats.

I hope these tips are useful and can help you focus on having a safe and wonderful holiday season.



## **Matuszak is Appointed Director of Community Health Administration**



Dr. Diane L. Matuszak has been appointed Director of the Community Health Administration, *Continued on page 2*

## **Dr. Matuszak** *Continued*

effective December 26. Dr. Matuszak is currently the Health Officer for Howard County. Previously, she was Associate Director of the DHMH Community and Public Health Administration.

"Dr. Matuszak brings a wealth of public health experience to this position," said Arlene Stephenson, Deputy Secretary for Public Health Services. "She has run major programs within DHMH, in addition to serving as health officer in two Maryland counties."

The Community Health Administration has a budget of approximately \$79 million and oversees State funding for the 24 local health departments in Maryland. Other programs operated under the Administration include Epidemiology and Disease Control, Food Protection and Consumer Health Services, Environmental Health Coordination, Health Planning and Policy, the Office of Local Health, and the Institutional Review Board.

"My first priority is one of coordination," said Dr. Matuszak. "We will work with the local health departments, and with our Epidemiology and Disease Control Program, to enhance our ongoing programs and perhaps develop new strategies to respond to the needs being created by these extraordinary times."

The Community Health Administration was formed in July when the former Community and Public Health Administration (CPHA) split into the Community Health Administration and the Family Health Administration. Dr. Russell Moy, former director of CPHA, heads the Family Health Administration.

Creation of the Community Health Administration enables DHMH to place greater emphasis on local health issues. To assist in this effort, the Office of Local Health was created to serve as a liaison between local and State health departments.

Dr. Matuszak joined DHMH in 1982 when she was appointed health officer for the Charles County Health Department. She earned her medical degree from the State University of New York School of Medicine in Buffalo, New York, and holds a Master of Public Health from the Johns Hopkins University School of Hygiene and Public Health. She and her husband, Rod Summerford, live in Columbia with their son, Sam.

### **DHMH Receives Grants to Create Trauma/Crisis Response Office**

DHMH has received two federal grants totaling \$950,000 to create a Trauma/Crisis Response Office and to expand services available through the Department's Maryland Crisis Hotline.

The Alcohol and Drug Abuse Administration and the Mental Hygiene Administration have each been awarded \$475,000 from the federal Department of Health and Human Services' Substance Abuse and Mental Health Services Administration to address expected substance abuse and mental health concerns resulting from the terrorist attacks on the United States.

Both Administrations will work collaboratively to establish the Trauma/Crisis Response Office. This office will be the initial point of contact for a statewide Trauma/

Crisis Response System. It will have the ability to identify best practices for trauma-related illnesses; gather data and communicate trends and other patterns for mental health and substance abuse services; and develop collaborative linkages with appropriate emergency operations.

Plans for the Maryland Crisis Hotline are to increase capacity to respond to questions and concerns the general public may have in the aftermath of the September 11 terrorists attacks and any subsequent events that may occur. The hotline currently focuses on youth-oriented services. The hotline number is 1-800-422-0009.

### **Mental Hygiene Has Moved!**

The Mental Hygiene Administration (MHA) has joined the Alcohol and Drug Abuse Administration on the campus of the Spring Grove Hospital Center.

The new mailing address is:

Mental Hygiene  
Administration  
Spring Grove Hospital Center  
Dix Building  
55 Wade Avenue  
Catonsville, MD 21228

The main telephone number is 410-402-8300; fax: 410-402-8301

Further information is available from Jean Smith, the Administration's Public Relations Liaison, at 410-402-7517.

## Western Maryland Hospital Center Wins Bronze

Congratulations to the Western Maryland Hospital Center for winning a Bronze award at the prestigious 17th Annual U.S. Senate Productivity and Maryland Quality Awards Event held on October 29.

United States Senators Barbara A. Mikulski and Paul S. Sarbanes presented the award to Western Maryland Hospital Center CEO Cynthia Pellegrino and Katie Gardner, Quality Manager.

The Awards are for organizations in Maryland that have demonstrated Performance Excellence as determined by teams of examiners utilizing the Baldrige Criteria, which is internationally recognized for organizational performance excellence. It covers the areas of Leadership, Strategic Planning, Customer Focus, Information and Analysis, Human Resources, Process Management, and Results.

Organizations receive not only an award but also a detailed, written report that identifies strengths as well as opportunities for improvement in each of the areas. The Awards are administered by the University of Maryland Center for Quality and Productivity.

Applying for the Awards is a lengthy and challenging process. The criteria are rigorous. This year there were ten organizations that applied. One received top honors, three received silver, five received bronze, and one received a certificate of recognition. For more information on the awards, visit [www.umcqp.umd.edu](http://www.umcqp.umd.edu) or call 301-403-4413.

For more information on the Baldrige Criteria and Performance Excellence contact Lee Williamson, Performance Excellence Coordinator, at [lwilliamson@dhhmh.state.md.us](mailto:lwilliamson@dhhmh.state.md.us) or at 410-767-5190.



Maryland Senators Paul S. Sarbanes (far left) and Barbara A. Mikulski (far right) present a Bronze award to Western Maryland Hospital Center CEO Cynthia Pellegrino (center left) and Quality Manager Katie Gardner (center right). The ceremony was held during the 17th Annual U.S. Senate Productivity and Maryland Quality Awards in October.

## Maryland Cancer Mortality Falls

Cancer mortality rates in Maryland have dropped 6.3 percent between 1993 and 1998, according to the second Annual Cancer Report issued by the Cigarette Restitution Fund Program (CRFP).

Compared to all other states, Maryland has improved in ranking from eighth highest in cancer mortality to ninth, with lower mortality rankings for prostate, oral, skin and cervical cancers.

According to the study, there were over 23,000 cases of cancer diagnosed in Maryland in 1998, the most recent year for which complete figures are available, down from over 24,000 cases in 1997.

The Annual Cancer Report is issued yearly to guide local health departments in the development of cancer education, prevention, screening, and treatment programs that will be funded by a portion of Maryland's tobacco settlement.

The report provides information on cancer incidence, mortality, and screening rates by race, sex, and geographic region. Over the past year, local programs have worked with their community health

coalitions to identify specific priorities and to implement appropriate activities.

For instance, this process has resulted in 23 of the 24 Maryland jurisdictions choosing screening for colorectal cancer as a priority. Nine local health departments are conducting screening and/or education for oral cancer; six are doing so for skin and prostate cancers. Every jurisdiction in Maryland has screening programs for breast and cervical cancers.

The public health cancer prevention priorities for the entire State are prevention and cessation of tobacco use; early detection and treatment of breast cancer, cervical cancer, colon and rectum cancer, oral cancer and prostate cancer; and protection of the skin from exposure to the sun or to tanning booths.

According to behavioral surveys, Maryland ranks higher than the United States average for participation in screenings for breast cancer, oral cancer and cervical cancer. Additionally, a higher percentage of Marylanders protect their skin from sun exposure than the U.S. average.

The complete Annual Cancer Report is available on the Internet at [www.mdpublichealth.org/html/report.html](http://www.mdpublichealth.org/html/report.html).

## ***Congratulations to . . .***

**Staff and residents from the Joseph D. Brandenburg Center**, who sponsored the Obsessive-Compulsive Disorder benefit golf tournament at the Rocky Gap Lodge and Resort. Carmon Dooks, a resident at the Center, was a volunteer who assisted with raising money for the benefit, which raised \$150 for the Obsessive-Compulsive Foundation. Three winners received a gift certificate for dinner and Mr. Dooks was given a scenic golf cart ride on the Jack Nicklaus-designed course.

**Staff at the Rosewood Center**, who raised over \$1,100 for the Bea Gaddy Foundation. Gladys Mello, a quality assurance program monitor at Rosewood, spearheaded the effort. "There have been various times when I've wanted to go down and help Bea Gaddy at Thanksgiving or Christmas, but unfortunately, something always came up and I never went to help her," Ms. Mello said. "After she passed, I felt I needed to do something." Approximately 200 Rosewood employees contributed.

## ***Upcoming events***

Friday, December 7 — **Christmas Dance**. A free community event held for individuals with developmental disabilities throughout the Eastern Shore. Dorchester American Legion Post #91, Route 50, Cambridge. For more information, please contact Lee Lewis at 410-572-6206 or by e-mail at [hollyfdn@ezy.net](mailto:hollyfdn@ezy.net).

Tuesday, December 11 — **Workshop: On-Line Mental Health Services: Best Practices and Ethical Considerations**; University of Maryland School of Social Work, 8:30 a.m. to 4:15 p.m. \$115, approved for six Category I continuing education credits. Phone 410-706-1839 for more information.

Thursday, December 13 — **Workshop: An Introduction to Financial Analysis and Management in the Human Services**; University of Maryland School of Social Work, 8:30 a.m. to 4:15 p.m. \$115, approved for six Category I continuing education credits. Phone 410-706-1839 for more information.

Channel 13's Bob Turk (right) was the emcee at a luncheon held at Martin's West on October 30 to thank DHMH volunteers, while a singer from the Gumption Group (below) provided some of the entertainment. Over 1,100 volunteers attended this annual event.



STATE OF MARYLAND

**DHMH**  
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Department of Health and Mental  
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Parris N. Glendening  
*Governor*  
Kathleen Kennedy Townsend  
*Lieutenant Governor*  
Georges C. Benjamin, M.D.  
*Secretary, DHMH*  
Karen Black  
*Director of Public Relations*  
John Hammond  
*Editor*

DHMH Office of Public Relations  
201 West Preston Street, Room 506  
Baltimore, Maryland 21201  
Phone: 410-767-6490  
FAX: 410-333-7525  
TTY: 1-800-735-2258

To contribute to **Dateline DHMH** or for further information, contact John Hammond, Office of Public Relations, 410-767-6490, [hammondj@dhmh.state.md.us](mailto:hammondj@dhmh.state.md.us). Please visit our Web site at [www.dhmh.state.md.us](http://www.dhmh.state.md.us).